



**Inflammatory
Arthritis UK**

Inspiring Resilience



Inflammatory! podcast

Hear from people living with inflammatory arthritis

Thank you too for your honesty
& vulnerability. I feel I'm not
alone & someone else

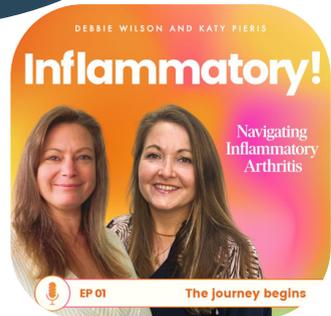
Exactly fit with how I
feel and think about
IA. It has
made me feel less
alone and like I'm not
imagining it all

understands it.
I love listening
especially to
know I'm not
alone

*It's like living in
another world
within the world.
Thank you for
shining a light on
my world.*

They are so helpful as you talk
about real lived experiences

- ✓ One community, every story, All IA
- ✓ Real stories
- ✓ Daily realities
- ✓ Spotify, Amazon, Apple, website



Contact Us

☎ 07923 619326

✉ info@inflammatoryarthritis.org

inflammatoryarthritis.org

Registered Charity No 1211390



**Inflammatory
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Inspiring Resilience



Inspiring resilience - empowering lives

At Inflammatory Arthritis UK (IAUK), we know that living with inflammatory arthritis (IA) is so much more than just joint pain. Founded by Debbie and Katy who have over 50 years of lived experience of juvenile idiopathic arthritis and rheumatoid arthritis respectively. IAUK is a patient-led charity created by people with IA, for people with IA.

Our mission is to inspire resilience, empower lives, and create a supportive community for everyone affected by IA, no matter their age or diagnosis. We are here to break down misconceptions and shine a light on the realities of living with a fluctuating chronic condition and the often overlooked commonalities of IA such as fatigue, pain, flares, and the emotional impact. We do this through:



Advocacy



Awareness



Education



Research

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